

Virtual 50+ Community Center July Programs & Activities Calendar

www.FrederickCountyMD.gov/Virtual50

Monday	Tuesday	Wednesday	Thursday	Friday
June 29 11:30 Qigong 1:00 Theater Discussion 2:45 Floor Yoga	June 30 9:00 Coffee & Conversation: TED Talk 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class	July 1 9:00 Accessing Zoom 10:30 Chair Yoga/Meditation 12:15 Zumba Gold	July 2 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: Knit/Crochet 1:00 Line Dance 3:00 Ukulele Jam Session	July 3 <div style="text-align: center;">No classes today</div>
July 6 11:30 Qigong 1:15 Book Shelf Book Club: <i>"The Yellow Bird Sings"</i> <i>by Jennifer Rosner</i> 2:45 Floor Yoga	July 7 9:00 Coffee & Conversation: TED Talk 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class	July 8 9:00 Accessing Zoom 10:30 Chair Yoga/Meditation 12:15 Zumba Gold 2:00 Coping in Today's Environment 5:30 Stress Management	July 9 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: Knit/Crochet 1:00 Line Dance 2:30 Good Stories Book Group <i>Topic: Spies</i> 3:00 Ukulele Jam Session	July 10 <div style="text-align: center;">No classes today</div>
July 13 9:30 Coffee & Conversation: Genealogy 11:30 Qigong 1:00 Film Club: <i>A Man Called Ove</i> 2:45 Floor Yoga	July 14 9:00 Coffee & Conversation: TED Talk 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class	July 15 9:00 Accessing Zoom 10:30 Chair Yoga/Meditation 12:15 Zumba Gold	July 16 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: Knit/Crochet 1:00 Line Dance 3:00 Ukulele Jam Session	July 17 11:00 Craft & Conversation <i>Mandalas</i> 1:00 The Art of Marriage
July 20 9:30 Coffee & Conversation: Genealogy 11:30 Qigong 1:00 Film Club: The 100 Year <i>Old Man Who Climbed Out...</i> 2:45 Floor Yoga	July 21 9:00 Coffee & Conversation: TED Talk 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class	July 22 9:00 Accessing Zoom 10:30 Chair Yoga/Meditation 12:15 Zumba Gold 2:00 Fit to a T 5:30 Vibrant Sexuality in Middle & Late Adulthood	July 23 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: Knit/Crochet 1:00 Line Dance 3:00 Ukulele Jam Session	July 24 1:00 Back Injury Prevention & Treatment
July 27 11:30 Qigong 1:00 Film Club: <i>Robot and Frank</i> 2:45 Floor Yoga	July 28 9:00 Coffee & Conversation: TED Talk 10:30 Morning Flow Yoga 1:30 Zumba Gold 3:00 Drawing Class 6:00 Behaviors in Dementia	July 29 9:00 Accessing Zoom 10:30 Chair Yoga/Meditation 12:15 Zumba Gold 5:30 Heart Disease	July 30 9:00 Strength Training/Stretch 10:30 Coffee & Conversation: Knit/Crochet 1:00 Line Dance 3:00 Ukulele Jam Session	July 31 1:00 Maryland on Vacation

If you are taking a class, please consider making a donation to support these programs. This is not a requirement to take a class. Thank you!

To Donate: <http://frederickcountymd-gov.3dcartstores.com> choose "Donation Opportunities" & then choose "Virtual 50+ Community Center"

Frederick County Senior Services Division

Virtual 50+ Health & Wellness Programs for July

These programs are in partnership with Frederick Community College's Institute for Learning in Retirement and the Frederick County Division of Parks and Recreation. **To register email: VirtualSeniorCenter@FrederickCountyMD.gov**

Stress Management

Wednesday, July 8, 5:30-7:00 p.m.

Become more aware of the dangers of chronic stress to one's physical and mental health. Learn how lifestyle factors (relationships, exercise, diet, etc.) contribute to chronic stress. Learn a variety of stress management techniques to implement in your daily life to reduce your daily stress.

Vibrant Sexuality in Middle & Late Adulthood: Achieve It!

Wednesday, July 22, 5:30-7:00 p.m.

This course provides the latest empirical research findings from the most well respected human sexuality researchers in an attempt to challenge the common misconceptions that middle-aged and older adults experience a sharp decline in both their desire for sex and their ability to engage in it. It also explores and identifies legitimate biological and psychological problems related to the aging process, which can sometimes impact an individual's or a couple's sexual performance.

Gender Differences in Heart Disease

Wednesday, July 29, 5:30-7:00 p.m.

Learn the major differences that exist between women and men who have heart disease, including risk factors for developing it and different symptomologies. The differences can directly affect the types of medical diagnostic tests and treatment approaches they require. Finally, early detection and prevention strategies focusing primarily on lifestyle behaviors will be emphasized as the goal of both men and women.

Presenter: Terry Leitma has a master's degree in Human Development Education from the University of Maryland. She also completed all of the necessary coursework toward her Ph.D. in Health Education at UMD. She considers herself to be a passionate and dedicated psychologist/health educator who wants to motivate and empower people to have the highest quality of health (both mental and physical) as they age.

The Art of Marriage

Friday, July 17, 1:00-2:30 p.m.

Marriage is a precious gift that must be cared for and nurtured during the course of time. This class provides practical small group insight to assist couples to refresh, retain and restore the beauty of the gift of marriage. *Presenter:* Chris Bugher, former Executive Director of the The Marriage Resource Center

Back Injury Prevention & Treatment

Friday, July 24, 1:00-2:30 p.m.

Learn how to care for your spine and avoid episodes of back pain. Learn treatment options for common causes of back pain. *Presenter:* Dr. Carol Hamilton Zehnacker, D.P.T., ("Dr. Z") is a physical therapist with over 30 years of experience, including as director of rehabilitation at Frederick Memorial Hospital, owner of a private practice, & lecturer and consultant to the Arthritis Foundation and the American Running Assoc.

Understanding Behaviors in Dementia

Tuesday, July 28, 6:00-7:30 p.m.

This class will include understanding a person's history as well as important factors and key points that can affect behaviors. Learn strategies and examples for being proactive in your response to behaviors.

Presenter: Thea Uhlig-Ruff, R.N., M.G.A. is retired from an extensive career in the health care industry. She has spoken locally, state-wide and nationally on health related topics specializing in mental health issues and gerontology including dementia care, issues in long term care and hospice care. Ms. Ruff brings a unique perspective, as she has also been a family caregiver for both her parents and her husband of 25 years.

Special Programs

Coping in Today's Environment

Coping through a pandemic is harder than anyone could imagine. Join us as we talk about ways to care for ourselves. *Presenter: Ellie Bentz, LCSW-C, Mental Health Association of Frederick County*

Fit to a T: developed by the U.S. Bone and Joint Initiative

Learn more about bone health, as well as the prevention, early detection, diagnosis, and treatment of osteoporosis.

Presenter: Donna Kurek, Director, Quality and Patient Safety OrthoVirginia

Maryland on Vacation: Unwinding in the Free State, 1875-1952

Using postcards, steamboat & train schedules, resort brochures, and photographs, this program explores how Marylanders from diverse racial and social backgrounds began to take breaks from work routines. The program also examines the social mores that shaped these vacations.

Presenter: Lisa Greenhouse, Enoch Pratt Free Library

Recreation & Education Programs

Coffee & Conversation Hours

Genealogy: Learn basic research strategies & resources for a 3-4 generation family tree.

TED Talk: Watch a short video and discuss

Knit/Crochet: Socialize while working on your projects

Ukulele Jam Session: Led by high school student, Amanda

Drawing Class: Led by high school students, Amanda and Gigi

Film Club: Do you like movies? Watch the film & join the discussion.

Instructions for watching the movies will be emailed.

Craft & Conversation

Mandalas: Create a mandala from items you have at home

Fitness Classes

Chair Yoga/Meditation

This class combines gentle chair yoga movement and meditation.

Led by Larisa Harrington

Floor Yoga

Suggested accommodations for yoga props will be emailed to each participant. *Led by Miyako Zeng*

Line Dance

Improve your balance, get moving, and have fun!

Led by Mary Anne Williams & Nanine Rhinelander

Morning Flow Yoga

Incorporating traditional & non-traditional yoga moves to energize & awaken the body. These will include standing & sitting asanas (postures). *Led by Joana Bragg*

Qigong: A Healing Art

This healing art helps us balance from within ourselves. The constant movement helps rhythmically circulate your energy for optimum health. *Led by Claudia Olson*

Strength Training/Gentle Stretching

Using light weights (soup cans & water bottles will work) join us for a strength training and gentle stretching class.

Led by Nanette Tummers

Zumba Gold

Active cardio low impact dance moves and fun energizing music.

Tuesday class led by Mary Ellen Brady

Wednesday class led by Rebecca Kennedy

Book Clubs

The Book Shelf: Read the book & join the discussion

Good Stories: Read a book on an assigned topic & share

To register, email VirtualSeniorCenter@FrederickCountyMD.gov

Emails should include Your Name, Email Address, Phone Number, and Program(s) Name

Please send request at least **two business days** before program.

Current Participants: If you are currently in an ongoing class, you are automatically enrolled in the same class for this month.

Please send us an email if you DO NOT want to be in the class.

Accessing Zoom: Our virtual classes are offered via Zoom. Register for an “Accessing Zoom” class if you need help.